

Pecan Cranberry Tart

READY IN



240 min.

SERVINGS



8

CALORIES



441 kcal

DESSERT

Ingredients

- 0.8 cup plus light
- 1 cup cranberries fresh thawed chopped (not ;)
- 3 large eggs
- 5 oz pecans chopped
- 1 pie crust dough
- 0.3 teaspoon salt
- 0.8 cup sugar
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla

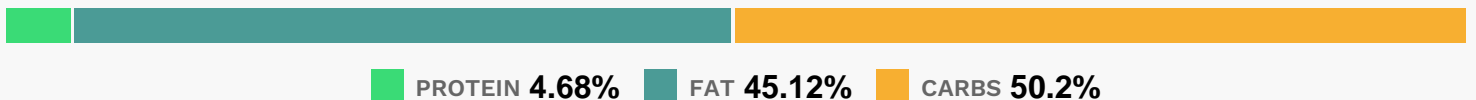
Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 350°F.
- Lightly toast pecans in a shallow baking pan in middle of oven until fragrant but not darker, about 5 minutes, then cool. Leave oven on.
- Cook 1/2 cup sugar in a dry 2-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork (to help sugar melt evenly), until sugar is melted into a deep golden caramel. Tilt pan and carefully add corn syrup (caramel will harden and steam vigorously). Cook over moderately low heat, stirring, until caramel is dissolved.
- Remove pan from heat and add butter, stirring until melted, then cool caramel until it stops bubbling.
- Whisk together eggs, salt, vanilla, and remaining 1/4 cup sugar, then add caramel in a stream, whisking constantly. 3
- Spread pecans and cranberries evenly in tart shell and pour caramel over them, tapping pecans and cranberries down to coat thoroughly.
- Bake tart in middle of oven until filling is set, 30 to 35 minutes. Cool completely in pan on a rack before removing rim of pan.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:18.3, Inflammation Score:-3, Nutrition Score:8.1160868872767%

Flavonoids

Cyanidin: 7.71mg, Cyanidin: 7.71mg, Cyanidin: 7.71mg, Cyanidin: 7.71mg Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 441.3kcal (22.07%), Fat: 23.06g (35.48%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 57.72g (19.24%), Net Carbohydrates: 55.04g (20.01%), Sugar: 44.64g (49.6%), Cholesterol: 77.28mg (25.76%), Sodium: 206.9mg (9%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.38g (10.77%), Manganese: 0.94mg (47.19%), Vitamin B1: 0.2mg (13.56%), Copper: 0.25mg (12.57%), Selenium: 8.02µg (11.46%), Fiber: 2.68g (10.73%), Phosphorus: 103.75mg (10.38%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.3mg (8.65%), Iron: 1.37mg (7.61%), Magnesium: 28.08mg (7.02%), Folate: 27.82µg (6.95%), Vitamin B5: 0.57mg (5.67%), Vitamin E: 0.79mg (5.26%), Vitamin B6: 0.09mg (4.35%), Vitamin A: 206.35IU (4.13%), Vitamin B3: 0.81mg (4.06%), Potassium: 131.42mg (3.75%), Calcium: 33.22mg (3.32%), Vitamin K: 3.1µg (2.95%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.43µg (2.85%), Vitamin C: 1.94mg (2.36%)